

# Be Active Newsletter

October is Breast Cancer Awareness Month!

September 29, 2010

Be sure to visit the Be Active web page for more information on these and other wellness opportunities! [bloomington.in.gov/beactive](http://bloomington.in.gov/beactive)

## Featured Active Employee



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### Wellness Challenge

This month we challenge YOU to be certain you are following the recommended screening guidelines for breast cancer and other types of cancer, whether you are male or female.

Visit [Cancer.org](http://Cancer.org) to view



Coordinator, Parks and Recreation

"My dog Ruby provides me with constant motivation to get off the couch and head outside. Even the word "go" or any gesture toward her leash creates an immediate response of excitement. Owning a home in my Bloomington neighborhood allows me access to the plentiful sidewalks and neighborhood parks that make our walks safer and more enjoyable for both me and Ruby."

-- Rob Gilchrist,  
Aquatics/Sports Program

## Be Active at the Employee Picnic this Friday!

As you know, this Friday is the Employee Appreciation Luncheon in front of City Hall from 11am to 1pm. Along with savoring fine food and spending quality time with fellow employees, enjoy recreating with frisbees, footballs, foursquare and bag toss courtesy of Team Wellness at the Be Active zone!

At the picnic you also can learn how to Be Active in our community - United Way will be present with information on how a small gift can make a big difference to the health and quality of

detailed information about screening guidelines and recommendations.

### Can Food Reduce Your Risk of Breast Cancer?

No food or diet can prevent you from getting breast cancer. But some foods can make your body the healthiest it can be, boost your immune system, and help keep your risk for breast cancer as low as possible. And no food or diet can cure cancer, though some of them may help control treatment side effects or help your body get well after treatment. Some food choices may help cancer treatment work more effectively or may help keep you healthy. Others can be dangerous and can interfere with treatment and recovery.

This information came from Breastcancer.org. Visit [this link](#) for more information.

### A Click Away to a Healthier Future

National Depression Screening Day is October 7th

Ever feel like you are the only one who is sad in a world of happy people? Everyone experiences stress, sadness and anxiety from time to time - it's part of life. These feelings often happen when you lose a job, children move away from home, during divorce, with a death in the family, or during retirement. But when changes in mood and behavior interfere with one's ability to

a small gift can make a big difference to the health and quality of life of individuals and families in Bloomington and Monroe County.

We look forward to seeing you there!

### Cancer Awareness T-shirts



From left: BFD employees Joey Richards, George Cornwell and Justin Waterford.

In an effort to raise funds and awareness for Cancer Awareness Month, the Fire Department is selling pink t-shirts featuring the Department's logo and the cancer awareness ribbon. All proceeds from the t-shirt sales will go to the Olcott Center for Cancer Education.

T-shirts are available for \$10 at Fire Headquarters, 300 East 4th Street, from 8 a.m. to 5 p.m., and can be purchased with cash or check. Get your t-shirt now and show your support for cancer awareness!

### SMART Plan

Goal setting is a dynamic process that is only as effective as the person who uses it. The SMART Plan outlines 5 ways to ensure that you will achieve your wellness goals.

**Specific** - These are long-term goals that will give you something quantifiable. Once a specific goal is set, you can build a plan around reaching it.

- What specifically are you going to accomplish? (e.g. lose 20 pounds, run 5km in 25 minutes)
- Why is this important? (e.g. lowers blood pressure)
- How are you going to do it? (e.g. through better nutrition and exercise, through a structured training plan)

work, sleep, eat and enjoy once pleasurable activities, it could be a sign of depression. National Depression Screening Day (NDSD) gives people the opportunity to take a free, anonymous questionnaire assessing their risk for mood and anxiety disorders and provides referral information for treatment.

Click [here](#) to take a screening online today.

### Nutrition and Activity Quiz

Want to find out if you are taking simple steps to stay healthy and fit? Take this quiz from the American Cancer Society and see how many of these helpful hints you can work into your daily routine.

### Choose You

The American Cancer Society has introduced a great new program called Choose You. The program has resources to help you stay fit, eat healthy, protect your skin, stop smoking and more. Check it out [here](#).

### Health Club Memberships



You can apply up to \$200 of the City of Bloomington's Medical Plan Wellness Benefit to a Health Club Membership. Employee Services maintains a list of approved facilities and will review facilities not on the list to approve on a

**Measurable** - Here you should make sure your goals are measurable so it is easy to track your progress from time to time. As soon as you've set a specific goal, map out some testing points.

**Accomplishment-oriented (attainable)** - Create tangible, short-term goals that will help you achieve your specific long-term goal. An attainable goal should challenge you, make you commit to it, and produce an overwhelming feeling of success when it's accomplished.

**Realistic** - Be real to yourself and think hard about what it is you really want to accomplish. Ask yourself a few questions:

- Am I capable of attaining this goal?
- Do I have the necessary skills?
- Is this something I actually want to do?

**Timeline** - set a time limit to achieve your goal to increase motivation and improve the chances of success.

For more information on goal setting, visit the Bloomington Active Living Coalition [website](#).

### Self-Assessment

The National Breast Cancer Foundation, Inc., offers a step by step outline on how to conduct a proper breast self-exam [here](#).

Taking a few minutes to do a breast self-exam a minimum of once a month can make a lifetime of difference. Nearly 70% of all breast cancers are found through self-exams and with early detection the 5-year survival rate is 98%. If you find a lump, schedule an appointment with your doctor, but don't panic - 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns.

### Upcoming Events

#### Grand Opening of the Jackson Creek Trail

**Tuesday, October 5, 3:30 p.m.**

#### Jackson Creek Trailhead at Sherwood Oaks Park

In conjunction with International Walk to School Day and Safe Routes to School, the City of Bloomington Parks and Recreation Department and the Monroe County Community School Corporation will celebrate the grand opening of the Jackson Creek Trail.

#### Making Strides Against Breast Cancer Walk

**Saturday, October 9, registration at 8 a.m.; walk at 9 a.m.**  
**Karst Farm Park**

All proceeds benefit the American Cancer Society; all walks are noncompetitive and range from 3 to 5 miles.



case-by-case basis. The allowance generally will exclude ad-hoc classes and programs. Only one membership per participant per year is allowed. To apply, complete and return [this form](#) with requested documentation to Employee Services.

City employees also are eligible for a 25% reduction in the cost of their membership at the Twin Lakes Recreation Center (TLRC). Adult, 2-person and family memberships are available. For more information, please contact the TLRC at 349.3720.

## **Bloomington's Breast Cancer Awareness Walk Saturday, October 16, 9 a.m.**

### **Showers Plaza**

A free, local event promoting the awareness and importance of breast cancer prevention and early detection.

### **Start! Eating Healthy Day is November 3!**

A long life of heart health is about taking small steps each day to change how you eat and live. The first step is to celebrate Start! Eating Healthy Day on Nov. 3. The American Heart Association invites you to mark your calendar and take the first step toward healthy living. Get your company involved or make changes at home. To get involved contact Lindsay Buuck at 349-3771 or [buuckl@bloomington.in.gov](mailto:buuckl@bloomington.in.gov).

## **Need Help to Quit Smoking?**

The Indiana Tobacco Quitline is a free, phone-based counseling service that helps Indiana smokers quit. Services include:



- One-on-one coaching for Tobacco Users who have decided to quit.
- Resources for Healthcare Providers who want to improve patient outcomes.
- Best Practices for Employers who want to implement smoke-free policies.
- Support for Family and Friends who want to help loved ones stop smoking.
- Tools for Tobacco Control partners to complement their current programs.

Services are available to you 7 days a week in more than 170 languages. A trained coach will work with you and provide solutions tailored to your needs.

For support information call us today at 1-800-QUIT-NOW (800-784-8669) or visit <http://www.in.gov/quitline/> for more information.

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